

## OUTLINE OF PLAN TO SECURE SKILLED NURSING FOR THE POOR AND FOR THE FAMILY OF MODERATE MEANS

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- I. Establishment of visiting nurse association.
- II. In connection with this: (1) Directory for nurses; (2) collection of ordinary sick room utensils to be loaned or rented.
- III. Arrangement of working plans with philanthropic persons and societies for care of: (1) The sick poor: (a) by the hour; (b) by the day; (c) by the week. (2) Patients able to pay a moderate fee: (a) by the hour; (b) by the day; (c) by the week.
- IV. Arrangement and publication of an eight or twelve-hour plan for the care of the well-to-do.

Such associations might be established, financed and managed by the nurses themselves, in towns of sufficient size to give employment to a number of nurses.

Churches would solve the problem for their sick poor by voluntary contributions, or by loans to persons who were temporarily embarrassed.

Masons, Odd Fellows, Woodmen, societies innumerable, have for one of their reasons for being the assistance of members in distress. By co-operation these various interests could provide a fixed salary for a sufficient number of nurses to do the necessary work in their community. This fixed salary might be considerably less than the usual price charged by the nurse when working by the day or week, if it is understood that no nurse shall be required to work more than a limited number of hours, when she shall be relieved by another nurse from the association.

This association work on a small salary might well, it seems to me, attract recent graduates, who would thus become accustomed to the problems and duties peculiar to private work. Why might it not be welcome as an occasional oasis in the life of any private nurse? Many, I believe, become weary of catering to the whims of the wealthy and would find a real relief in an opportunity to minister to the urgent needs of the poor. This they could afford to do if assured of a salary sufficient to cover living expenses and of relief from duty and responsibility for a certain number of hours daily.

A large part of the physical and mental strain from private nursing comes from continuous residence under the same roof with the patient

and the patient's anxious friends. The various modern devices for rapid and inexpensive transit will, I believe, in great measure, obviate this necessity, and thereby add to the length of life and usefulness of the private nurse.

A plan of life which unfits the individual to pursue her vocation after ten years of service is unworthy of our civilization. A worthy nurse is not only worthy of remuneration upon which she may subsist, but she is also worthy of a fair opportunity to live a life of average length.

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## HOUSEKEEPING FOR TWO

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PERHAPS one of the hardest times of the year to feed ourselves or others is in the early spring months. The winter dishes have lost their attraction, the summer fruits and vegetables are still a long way off, except for city dwellers, who have the doubtful privilege of paying a high price for hot-house or southern products. Many of us have had too much furnace heat and too little out-door air for several months, and both appetite and spirits show the effect. At no time of the year, possibly, does it matter so much how food looks. And once more, the salad is the best of resources. But what is it to be made of in these degenerate times? A firm, crisp carrot is still available, and a potato. Remove the skin, and cut the vegetables into half-inch dice. Drop them into boiling water, and let them boil very gently, so that they will not break, until tender. They may be cooked together, putting the carrots over about ten or fifteen minutes before the potatoes. When they are done, drain them and drop them into cold water and let them stand until chilled, then drain again. Mix them with plenty of well-seasoned mayonnaise or cooked dressing, and, if a small head of lettuce is obtainable, serve the salad on a leaf or two of that. If you haven't the lettuce, the salad itself piled lightly on a dish, with a spoonful of dressing on top, is sufficiently attractive. Make some little baking powder biscuit, mostly crust, to eat with it, and see what a good spring-time lunch you have.

Fresh tomatoes are a temptation in city markets long before their proper season arrives. But at twenty-five cents a pound they are a temptation to be strenuously resisted by the economical housekeeper. Buy a can of tomatoes instead, and use a cupful of it to make a tomato jelly salad, which will be a pleasure to both eye and palate. The rest of the can may be used for sauces or soup, or as plain stewed tomatoes.